

# St. Michaels Middle and St. Michaels High and Easton High School Breakfast November 2018

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1	2	3	1	2
Egg & Cheese Muffin WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Pizza WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Flatbread Cinni Mini Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
5	6	7	8	9
Scrambled Eggs w/wo Toast Chocolate Crescent Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
12	13	14	15	16
Egg & Cheese Muffin WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Pizza WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Waffle Sticks WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Flatbread Cinni Mini Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
19	20	21	22	23
Scrambled Eggs w/wo Toast Chocolate Crescent Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
26	27	28	29	30
Egg & Cheese Muffin WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Flatbread Cinni Mini's Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk